

# **EPC Senior Center in Altenburg**

**20 Church St., at the Fairgrounds**

**Altenburg, MO 63732**

**573-824-5827**

## **Activities**

**There is always something fun to do at our Centers.**

**Join us early every morning for coffee and sweets, stay for conversation or bingo, and then enjoy our buffet at 11:15 am.**

**Every Tuesday & Thursday** - Stronger Seniors Workout Program, a chairside exercise that is safe and easy to follow. Program is designed to help seniors develop strength, and enhance the ability to function in daily life with improved balance and mobility. 10:15 am

**4th Monday every month** - Crown Hospice Bingo at Noon

**3<sup>rd</sup> Tuesday every month** – Better Hearing Bingo at Noon

**3rd Tuesday every month** - Bank of Missouri Birthday Dinner. The Bank of Missouri provides cake and ice cream for dessert, and makes the meal donation for anyone with a birthday that month.

**3<sup>rd</sup> Wednesday every month** - Perry County Health Department Blood Pressure Clinic at 11:45 am.

**4<sup>th</sup> Wednesday every month** - Apple Project will be here to help with **any kind of paperwork.** Balance checkbook, Medicare or Social Security questions, and Insurance problems. Let them help you. All services at no charge!

**Watch our menu for other special events like:**

**Bingo weekly at Noon, by Peoples Bank, Linda and more!**

**Bob Klauss & Friends Music** - Join us for lively music and dancing, along with special refreshments. 9:30 am – lunch

**Holiday Parties** with games and special treats - 10:30 am

**Fish for Lunch at the Center** – Enjoy fish with all the fixin's!